

March Senior Center Gazette 2005



INTERNATIONAL FOOD FESTIVAL

Wednesday, March 2, Noon

\$6 Senior Center Members

\$7 non-member seniors

\$8 "youngsters" under 55

Join us for the Annual Senior Center International Food Festival with delightful dishes from many different countries. Purchase your tickets early. Call the Senior Center Office at 790-6600 for information or if you would like to sign up to donate food from your favorite country.

March Birthday Party Fri., March 11, 1:30 pm

As requested by many, Bob Madsen, Singer, will be performing. Drawing prizes will be available for people who have a March birthday. Cake, ice cream, & coffee will be served. Prizes have been donated by Atria's Retirement Inn, Carlton Plaza, Cookies by Design, Kathy's Floral Design in the Walnut Plaza, Rose's Mortuary, and the Builder's Fund, which also provides entertainment.



St. Patrick's Day Celebration

Thurs., March 17, Noon

Irish Entertainment

Lunch - \$5 members

\$6 - non-member seniors

\$7 - "youngsters" under 55

Corned Beef & Cabbage

Wear your Green!

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS (Bay Area Community Services) DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

ANNUAL SENIOR CENTER QUILT SHOW

**Tuesday, March 29
10 am-2:30 pm**



Senior Center Quilters showcase their beautiful quilts for viewing and provide quilts and other handmade items to purchase.

**CRIL (Community Resources for Independent Living)
"CRIL Demonstrates
Daily Living Aids for Seniors"
Tuesday, March 1, 11 am**

AARP INCOME TAX HELP

Appointments are available for assistance with your Income Taxes until April 15. Sign up early for help on:
Tues. at 10, 11 & 12,
Thurs. at 9, 10, 11, & 12
Fri. at 1, 2, & 3 pm

ADULT SCHOOL CLASSES VACATION SCHEDULE

**Friday, March 25 &
Mon., March 28 - Fri., April 1**



**Thursday, May 5 6-10 PM
Fremont Marriott Hotel**

Don't miss the Human Services Fundraiser, "Meet Me at Fiesta de Colores" to help support the Senior Center and the Youth & Family Services Infant-Toddler Program. Dinner, musical entertainment, a silent auction, and raffle are all planned. Invitations are \$100 per person at the Senior Center Office. We are seeking Silent Auction Items - call Janice Anderman 790-6602 for information.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.